

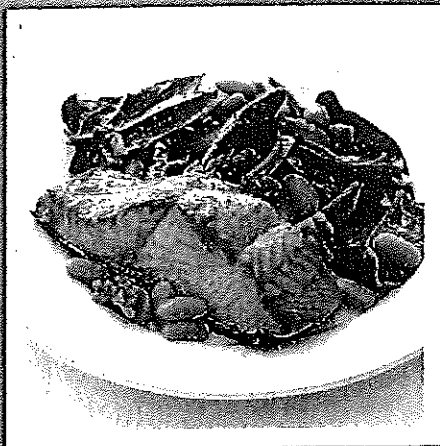


Tip strip

MAY 21, 2010



Eat to beat inflammation



Salmon with Orange-Ginger Spinach Salad

Prep: 5 min. Cook: 12 min.
Serves: 4 Cost per serving: \$3.69

- 1 lb. salmon
- ¼ cup orange juice
- 2 Tbsp. canola oil
- 2 Tbsp. white vinegar
- 1 tsp. ground ginger
- Salt and pepper
- 10 cups spinach
- 1 15-oz. can cannellini beans, rinsed and drained
- ½ cup chopped walnuts

Preheat broiler to high; set rack 6 inches from heat source. Line a broiler pan with foil and mist with cooking spray. Broil salmon until opaque and flaky, 10 to 12 minutes. In a bowl, whisk orange juice, oil, vinegar and ginger. Season with salt and pepper. Toss dressing with spinach, beans and walnuts. Divide salad onto four plates. Cut salmon into four pieces and place one next to each salad serving.

PER SERVING: 399 Cal., 21g Fat (2g Sat), 59mg Chol, 8g Fiber, 31g Pro, 23g Carb, 358mg Sod.

Source: Dawn Jackson Blatner, RD, spokeswoman for the American Dietetic Association and author of *The Flexitarian Diet*

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Fight inflammation with food

Next time you go to the grocery store, stock up on this healthy fare.

Foods that are chock-full of refined sugar can cause your blood glucose level to spike—which encourages inflammation. Of course, cutting back on such chow is

helpful, but it's only half the equation. You also need to eat enough nutritious foods that help reduce inflammation in the body. Here are some to try.

Fats Omega-3 fatty acids encourage the production of chemicals that help control inflammation.

- Salmon
- Anchovies
- Canola oil
- Flaxseed oil

Fruits Antioxidants known as polyphenols, found especially in many fruits, can hamper the production of substances that trigger the body's inflammatory response.

- Blueberries
- Blackberries
- Raspberries
- Cranberries
- Pomegranates
- Cherries
- Red grapes
- Sweet potatoes

Vegetables

Some veggies contain omega-3s, and cruciferous varieties feature an inflammation-fighting compound called sulforaphane.

- Spinach
- Acorn squash
- Butternut squash
- Spaghetti squash
- Broccoli
- Brussels sprouts
- Kale

Spices The anti-inflammatory properties of turmeric—which comes from the ginger family and is one of the main ingredients in curry—have earned this spice its cancer-fighting reputation.

- Turmeric
- Curry powder
- Ginger

Snacks

Some nuts are packed with omega-3s, while legumes and one sweet treat boast a high level of inflammation-fighting polyphenols.

- Walnuts
- Peanuts
- Dark chocolate

Beverages

A few drinks are sources of polyphenols.

- Grape juice
- Red wine
- Green tea



Written by Stacey Colino; Sources: David Katz, MD, director of the Yale-Griffin Prevention Research Center and co-author of *The Way to Eat*; Lori Mosca, MD, professor of medicine and director of preventive cardiology at the New York-Presbyterian Hospital/Columbia University Medical Center; Barry Swanson, PhD, interim director of the School of Food Science at Washington State University and the University of Idaho; Neal Weintraub, MD, professor of medicine and director of the cardiovascular diseases division at the University of Cincinnati College of Medicine